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MENU

# PANELA

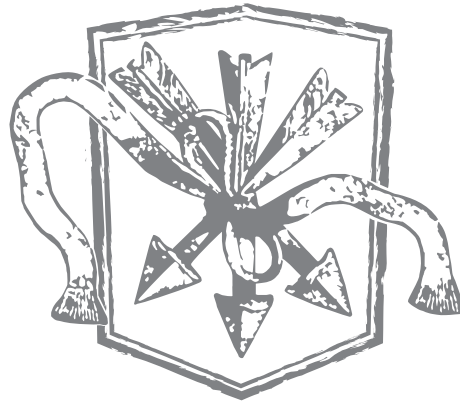
RESTAURANTE | RESTAURANT



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MENU

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## COUVER

**VARIEDADE DE PÃO, MANTEIGAS AROMATIZADAS, AZEITONAS MARINADAS E AZEITE BALSÂMICO** ..... 1,50 €

VARIETY OF BREAD, FLAVOURED BUTTERS, MARINATED AZEITONES AND BALSAMIC OLIVE OIL

( Gluten, alho, amendoim, mostarda e lactose - Gluten, garlic, peanuts, mustard and lactose)

## SOPAS | SOUPS

**CREME DE FEIJÃO COM LASCAS DE BACALHAU CONFEITADO E PÃO FRITO** ..... 7,00 €

BEANS CREMY SOUP WITH COD FISH AND FRIED BREAD

( Gluten, alho, peixe e lactose - Gluten, garlic, fish and lactose )

**SOPA DE CAÇÃO** ..... 8,00 €

DOG FISH SOUP

( Gluten, alho e peixe - Gluten, garlic and fish )

**SOPA DE CEBOLA COM SOUTO NISA E PÃO ALENTEJANO** ..... 6,00 €

ONION SOUP WITH NISA CHEESE AND ALENTEJO BREAD

( Gluten e lactose - Gluten and lactose)

**CREME DE LEGUMES VEGETARIANO . VEGETARIAN** ..... 5,00 €

VEGETABLE CREAM SOUP



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## ENTRADAS | STARTERS

**TEXTURA DE COGUMELOS VEGETARIANO . VEGETARIAN ..... 12,00 €**

MUSHROOMY TEXTURE

( Gluten, alho, soja e lactose - Gluten, garlic, soya and lactose )

**TABUA DE ENTRADAS (PASTA DE FARINHEIRA, PASTA DE FIGADO, AZEITONAS MARINADAS, ..... 18,00 €**  
**COGUMELOS C/LINGUIÇA, COMPOTA, COALHADA CÍTRICA, MANTEIGAS COMPOSTAS, QUEIJO)**

TABLE OF STARTERS (FARINHEIRA PASTE, FIGADO PASTE, MARINATED OLIVES, MUSHROOMS  
WITH SAUSAGE, JAM, CITRUS CURD, COMPOUND BUTTERS, CHEESE)

( Gluten, alho, soja, sulfitos e frutos de casca rija e lactose - Gluten, garlic, soya, sulphites, nuts and lactose )

**CROQUETE DE RABO DE BOI COM MAIONESE TRUFADA E PIGLE DE CEBOLA ROXA ..... 8,00 €**

OXTAIL CROQUETTE WITH TRUFFLED MAYONNAISE AND RED ONION PICKLE

( Gluten, alho, soja, ovo e lactose - Gluten, garlic, soya, egg and lactose )

**TIBORNA DE SARDINHA COM MOLHO DE PIMENTOS, TOUCINHO E CRUMBLE DE BROA DE MILHO ..... 9,00 €**

SARDINE TIBORNA WITH PEPPER SAUCE, BACON AND CORNBREAD CRUMBLE

( Peixe, alho, gluten e lactose - Fish, garlic, gluten and lactose )

**QUEIJO DE OVELHA ALENTEJANO GRATINADO COM AZEITE E ORÉGÃOS, TOSTAS E CHUTNEY DE PIMENTOS ..... 11,00 €**

ALENTEJO SHEEP'S CHEESE AU GRATIN WITH OLIVE OIL AND OREGANO, TOAST AND PEPPER CHUTNEY.

( Gluten e lactose - Gluten and lactose ) **VEGETARIANO . VEGETARIAN**

**TABUA DE QUEIJOS ALENTEJANOS ..... 19,00 €**

ALENTEJO CHEESE BOARD

( Gluten, frutos de casca rija e lactose - Gluten, nuts and lactose )

**ERVILHAS COM ENCHIDOS E OVO ESCALFADO ..... 9,00 €**

PEAS WITH SAUSAGES AND BT EGG

( Ovo, alho e lactose - Egg, garlic and lactose )

**VIEIRAS COM TEXTURAS DE PERA, COMPOTA DE CHOURIÇO E OVO FRITO ..... 15,00 €**

SCALLOPS WITH PEAR TEXTURES, CHORIZO JAM AND FRIED EGG

( Gluten, alho, peixe, ovo, sulfitos e lactose - Gluten, garlic, fish, egg, sulphites and lactose )



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## PEIXES E MARISCOS | FISH AND SHELLFISH

**POLVO COM PURÉ DE FEIJÃO BRANCO E PICO DE GALLO** ..... 20,00 €

OCTOPUS WITH WHITE BEAN PURÉE AND PICO DE GALLO

( Álcool, alho, peixe, sulfitos e lactose - Alcohol, garlic, fish, sulphites and lactose )

**BACALHAU COM CROSTA DE BROA DE MILHO, PACK CHOI SALTEADA** ..... 22,00 €

**E HUMMUS DE GRÃO COM COENTROS**

COD WITH CORNBREAD CRUST, SAUTÉED PACK CHOI AND CHICKPEA HUMMUS WITH CORIANDER

( Alho, peixe e lactose - Garlic, fish, egg and lactose )

**ARROZ MALANDRINHO DE TAMBORIL COM CAMARÃO** ..... 23,00 €

MONKFISH RICE WITH PRAWNS

( Crustácios, alho, peixe, álcool e lactose - Crustaceans, garlic, fish, alcohol and lactose )

**CREMOSO DE TOMATE E FEIJÃO COM PETINGA FRITA** ..... 18,50 €

CREAMY TOMATO AND BEAN DIP WITH FRIED PETINGA FISH

( Gluten, alho, peixe, álcool e lactose - Gluten, garlic, fish, alcohol and lactose )

**ROBALO CORADO COM LEGUMES DA HORTA SLATEADOS** ..... 23,00 €

SEA BASS WITH SAUTÉED VEGETABLES

( Peixe e lactose - Fish and lactose )

**PREGADO COM MIGAS DE OVAS, LEGUMES DA ÉPOCA E GEL DE POEJO** ..... 21,00 €

TURBOT WITH ROE CRUMBS, SEASONAL VEGETABLES AND PENNYROYAL GEL

( Gluten, alho, peixe e lactose - Gluten, garlic, fish and lactose )



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## CARNE | MEAT

**BOCHECHA DE PORCO PRETO COM MIGAS DE ESPARGOS E FARINHEIRA** ..... 19,00 €

BLACK PORK CHEEK WITH ASPARAGUS AND FARINHEIRA SAUSAGE CRUMBS

( Gluten, alho, álcool e lactose - Gluten, garlic, alcohol and lactose )

**ARROZ CALDOSO DE PERDIZ** ..... 25,00 €

PARTRIDGE RICE STEW

( Alho, álcool e lactose - Garlic, alcohol and lactose )

**BITOQUE À PANELA** ..... 20,00 €

FRIED STEAK WITH CHIPS AND FRIED EGG

( Alho, mostarda, ovo e lactose - Garlic, mustard, egg and lactose )

**LOMBO DE NOVILHO COM PURÉ DE COUVE FLOR TRUFADO COGUMELOS E ALGACHOFRA** ..... 24,00 €

BEEF TENDERLOIN WITH MASHED CAULIFLOWER, TRUFFLED MUSHROOMS AND ARTICHOKE

( Gluten, alho, álcool e lactose - Gluten, garlic, alcohol and lactose )

**MAGRET DE PATO COM PURÉ DE BATATA, TEXTURAS DE CENOURA E JUS DE LARANJA** ..... 22,00 €

DUCK MAGRET WITH MASHED POTATO, CARROT TEXTURES AND ORANGE JUS

( Alho, álcool e lactose - Garlic, alcohol and lactose )

**MOSAICO DE LOMBINHO DE JAVALI COM ALHEIRA DE CAÇA,** ..... 25,00 €

**BATATA ASSADA, PURÉ DE MAÇÃ E CHIMICHURRI**

MOSAIC OF WILD BOAR TENDERLOIN WITH GAME SAUSAGE, ROAST POTATOES, APPLE PURÉE AND CHIMICHURRI

( Gluten, alho, soja e lactose - Gluten, garlic, soya and lactose )



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## VEGETARIANOS | VEGETARIANS

**RISOTO DE ABOBORA E SUAS TEXTURAS** ..... 17,00 €

COURGETTE RISOTTO AND ITS TEXTURES

( Alho e lactose - Garlic and lactose )

**RISOTO DE COGUMELOS TRUFADO** ..... 19,00 €

TRUFFLED MUSHROOM RISOTTO

( Alho, soja e lactose - Garlic, soya and lactose )

**GNOCCHI COM TOMATE, FETA E PESTO** ..... 16,00 €

GNOCCHI WITH TOMATO, FETA AND PESTO

( Gluten, alho, soja e lactose - Gluten, garlic, soya and lactose )

## KIDS

**HAMBÚRGUER COM OVO ESTRELADO, ARROZ E BATATA FRITA** ..... 12,50 €

HAMBURGER WITH FRIED EGG, RICE AND CHIPS

( Alho, ovo e lactose - Garlic, egg and lactose )

**SALMÃO COM PURÉ DE BATATA E LEGUMES** ..... 12,50 €

SALMON WITH MASHED POTATOES AND VEGETABLES

( Peixe e lactose - Fish and lactose )

**TAGLIATELLI A BOLONHESA** ..... 12,50 €

TAGLIATELLI BOLOGNESE

( Gluten, alho, soja e lactose - Gluten, garlic, soya and lactose )



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## SOBREMESAS | DESSERTS

<b>MIL FOLHAS DE PASTEL DE NATA COM GEL DE MOSCATEL VEGETARIANO . VEGETARIAN</b> .....	7,50 €
CUSTARD TART WITH MOSCATEL WINE GEL ( Gluten, ovo, canela, álcool e lactose - Gluten, egg, cinnamon, alcohol and lactose )	
<b>PUDIM DE PISTACHIO VEGETARIANO . VEGETARIAN</b> .....	7,00 €
PISTACHIO PUDDING ( Pistachio e lactose - Pistachio and lactose )	
<b>TOUCINHO DO CÉU COM LEMON CURD VEGETARIANO . VEGETARIAN</b> .....	9,50 €
TRADICIONAL PORTUGUESE DESSERT BY DONA LUCÍLIA PRATES ( Ovo, frutos de casca rija e lactose - Egg, nuts and lactose )	
<b>SERICAIA COM GELADO DE AMEIXA DE ELVAS VEGETARIANO . VEGETARIAN</b> .....	8,00 €
SERICAIA WITH ELVAS PLUM ICE CREAM ( Gluten, ovo e lactose - Gluten, egg and lactose )	
<b>PERA ASSADA EM VINHO S. SEBASTIÃO COM CREME DE QUEIJO VEGETARIANO . VEGETARIAN</b> .....	7,50 €
<b>E AREIA DE AMÊNDOA E CANELA</b> ROASTED PEAR IN S. SEBASTIAN WINE WITH CREAM CHEESE AND ALMOND & CINNAMON SAND ( Sulfitos, álcool, frutos de casca rija e lactose - Sulphites, alcohol, nuts and lactose )	
<b>MOUSSE DE CHOCOLATE NEGRO COM NOZES E CARAMELO SALGADO VEGETARIANO . VEGETARIAN</b> .....	8,00 €
DARK CHOCOLATE MOUSSE WITH WALNUTS AND SALTED CARAMEL ( Ovo, frutos de casca rija e lactose - Egg, nuts and lactose )	
<b>FRUTA DA ÉPOCA LAMINADA VEGAN</b> .....	6,00 €
LAMINATED SEASONAL FRUIT	

TODOS OS PRATOS ESTÃO LIMITADOS AO STOCK EXISTENTE E SUJEITOS À DEMORA, POR SEREM COZINHADOS NO MOMENTO.

OS PRATOS PODEM CONTER MARISCO, GLÚTEN E ALERGÊNIOS, POR FAVOR, CONSULTE O FUNCIONÁRIO.

ALL DISHES ARE LIMITED TO EXISTING STOCK AND SUBJECT TO DELAY, AS THEY ARE COOKED TO ORDER.

DISHES MAY CONTAIN SHELLFISH, GLUTEN AND ALLERGENS, PLEASE CHECK WITH THE STAFF.

ESTE ESTABELECIMENTO POSSUI LIVRO DE RECLAMAÇÕES. NENHUM PRATO, PRODUTO ALIMENTAR OU BEBIDA,

INCLUINDO COUVERT, PODE SER COBRADO SE NÃO FOR SOLICITADO PELO CLIENTE.

THIS ESTABLISHMENT HAS A COMPLAINTS BOOK. NO DISH, FOOD PRODUCT OR DRINK,

INCLUDING COUVERT, CAN BE CHARGED FOR UNLESS REQUESTED BY THE CUSTOMER.

OS PREÇOS APRESENTADOS TÊM IVA INCLUÍDO À TAXA EM VIGOR.

THE PRICES SHOWN INCLUDE VAT AT THE CURRENT RATE.



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